

What Is Claimed Is:

1. A method for reinforcing a sliding door comprising the steps of:
coupling a supporting member to a door frame of a sliding door;
positioning at least one portion of the supporting member within an opening frame of the sliding door; and
securing the supporting member to the door frame.
2. The method according to claim 1, wherein the supporting member is located at least one of adjacent to and within a first vertical edge of the sliding door near a first horizontal edge.
3. The method according to claim 2, wherein the first vertical edge is the vertical edge that does not engage the opening frame of the sliding door.
4. The method according to claim 2, wherein the first horizontal edge is at least one of a bottom edge and a top edge of the sliding door.
5. The method according to claim 1, wherein the supporting member is secured to the door frame with at least one of a screw, a bolt and adhesive.
6. The method according to claim 1, further comprising the step of coupling a screw to at least one of a header portion and a sill portion of an opening frame such that a groove in the supporting member straddles the screw when the sliding door is in a closed position relative to the opening frame.
7. The method according to claim 1, wherein the positioning includes extending the supporting member to at least one of a maximal deployment position and a minimal deployment position.

8. A method for supporting a sliding door within an opening frame comprising the steps of:
- coupling a support to a door frame of a sliding door;
 - after deployment of the sliding door, extending the support within the opening frame;
 - securing the support after extension of the support.
9. The method according to claim 8, wherein the support is located at least one of adjacent to and within a first vertical edge of the sliding door near a first horizontal edge.
10. The method according to claim 9, wherein the first vertical edge is the vertical edge that does not engage the opening frame of the sliding door.
11. The method according to claim 9, wherein the first horizontal edge is at least one of a bottom edge and a top edge of the sliding door.
12. The method according to claim 8, wherein the support is secured to the door frame with at least one of a screw, a bolt and adhesive.
13. The method according to claim 8, further comprising the steps of coupling a screw to at least one of a header portion and a sill portion of an opening frame such that a groove in the support straddles the screw when the sliding door is in a closed position relative to the opening frame.
14. The method according to claim 8, wherein the positioning includes extending the support to at least one of a maximal deployment position and a minimal deployment position.
15. A reinforced sliding door comprising:
- a door frame having a locking edge and a free edge; and

a supporting member coupled to the free edge of the door frame, the supporting member having a body portion and an end portion, the body portion disposed in alignment with the free edge of the door frame and having at least one hole disposed therethrough, and the end portion extending beyond the free edge of the door frame when in a deployed position.

16. The sliding door according to claim 15, wherein the supporting member is disposed at least one of adjacent to and within the free edge of the sliding door.

17. The sliding door according to claim 15, wherein the supporting member is coupled to the free edge of the sliding door using at least one of a screw, a bolt and adhesive.

18. The sliding door according to claim 15, wherein the end portion of the support includes a groove running linearly therethrough along a line of movement of the sliding door when the supporting member is coupled to the free edge of the door frame.

19. The sliding door according to claim 18, wherein the groove is in the shape of a capital T when the supporting member is located at a bottom of the door frame, and an inverted capital T when the supporting member is located at a top of the door frame.

20. The sliding door according to claim 19, further comprising a screw coupled to at least one of a header portion and a sill portion of an opening frame, wherein the groove in the end portion of the supporting member straddles the screw when the sliding door is in a closed position relative to the opening frame.

21. The sliding door according to claim 18, further comprising a bottom rail positioned in a sill portion of an opening frame, the bottom rail having a central protrusion extending upward and wherein the groove is linearly shaped and the groove straddles the central protrusion of the bottom rail.

22. The sliding door according to claim 15, wherein the supporting member is comprised of metal.
23. The sliding door according to claim 15, wherein the supporting member is comprised of plastic.
24. The sliding door according to claim 15, wherein the free edge of the door frame includes a groove, and the support further having a protrusion along a back portion of the support, wherein the protrusion of the support is positioned within the groove of the free edge of the door frame.
25. A sliding door with a support comprising:
 - a door frame having a first edge and a second edge; and
 - a support coupled to the first edge of the door frame, the support having a body portion and an end portion, the body portion of the support aligned with the first edge of the door frame adjacent to a third edge of the door frame, and the end portion extending beyond the third edge of the door frame when in a deployed position.
26. The sliding door according to claim 25, wherein the first edge is a vertical free edge of the door frame and the second edge is a vertical locking edge of the door frame.
27. The sliding door according to claim 25, wherein the first edge is a horizontal free edge of the door frame and the second edge is a horizontal locking edge of the door frame.
28. The sliding door according to claim 25, wherein the third edge is a horizontal edge of the door frame.
29. The sliding door according to claim 25, wherein the third edge is a vertical edge of the door frame.

30. The sliding door according to claim 25, wherein the support is disposed at least one of adjacent to and within the first edge of the sliding door.
31. The sliding door according to claim 25, wherein the support is coupled to the first edge of the sliding door using at least one of a screw, a bolt and adhesive.
32. The sliding door according to claim 25, wherein the end portion of the support includes a groove running linearly therethrough along a line of movement of the sliding door when the support is coupled to the first edge of the door frame.
33. The sliding door according to claim 32, wherein the groove is in the shape of a capital T when the support is located at a bottom of the door frame, and an inverted capital T when the support is located at a top of the door frame.
34. The sliding door according to claim 33, further comprising a screw coupled to at least one of a header portion and a sill portion of an opening frame, wherein the groove in the end portion of the support straddles the screw when the sliding door is in a closed position relative to the opening frame.
35. The sliding door according to claim 32, further comprising a bottom rail positioned in a sill portion of an opening frame, the bottom rail having a central protrusion extending upward and wherein the groove is linearly shaped and the groove straddles the central protrusion of the bottom rail.
36. The sliding door according to claim 25, wherein the support is comprised of metal.
37. The sliding door according to claim 25, wherein the support is comprised of plastic.

38. The sliding door according to claim 25, wherein the first edge of the door frame includes a groove, and the support further having a protrusion along a back portion of the support, wherein the protrusion of the support is positioned within the groove of first edge of the door frame.

39. A method for reinforcing the opening frame of a grooved edge sliding door comprising:

coupling a supporting bar within the opening frame of the grooved edge sliding door; and

securing the supporting bar to the opening frame, such that a spine of the supporting bar is insertable within an edge of a door frame of the grooved edge sliding door.

40. The method according to claim 39, wherein the supporting bar is secured to the opening frame using at least one of a screw, a nail and adhesive.

41. A method for supporting the opening frame of a grooved edge sliding door, when a first grooved edge of the sliding door is disposed therein, from forces directed perpendicular to a plane formed by the edges of the sliding door comprising:

positioning a support within the opening frame of the grooved edge sliding door, the support having a spine, such that upon positioning of the first grooved edge of the sliding door within the opening frame the spine is insertable within the first grooved edge; and

coupling the support to the opening frame.

42. The method according to claim 41, wherein the support is coupled to the opening frame using a screw.

43. The method according to claim 41, wherein the support is coupled to the opening frame using a nail.

44. The method according to claim 41, wherein the support is coupled to the opening frame using adhesive.
45. A reinforced grooved edge sliding door comprising:
 - an opening frame; and
 - a supporting bar, having a protrusion that is insertable within an edge of the grooved edge sliding door, positioned within and coupled to the opening frame.
46. The sliding door according to claim 45, wherein the supporting bar is coupled to the opening frame using at least one of a screw, a nail and adhesive.
47. The sliding door according to claim 45, wherein the supporting bar is comprised of a plurality of supporting bars each a fraction of the length of the edge of the grooved edge sliding door.